



Northfield Y Kids Tri

Frequently Asked

What is a triathlon?

A triathlon is a swim, bike, and run event, completed in that order. Participants will swim, go to their transition area to prepare for the bike, complete the bike course, return to the transition area to drop off their bike, and head to their run. This triathlon is a non-competitive event that's all about having FUN and feeling GREAT about crossing the finish line!

What are the distances for each age division? * based on age as of the date of the Y Kids Tri

Age Group*	Swim Distance	Bike Distance	Run Distance
Ages 6-7	25 yards	1.25 miles	¼ mile
Ages 8-10	50 yards	2.5 miles	½ mile
Ages 11-14	100 yards	5 miles	1 mile

Where do the participants swim?

The swim portion of the event will take place at the Northfield Area Family YMCA's pool (1501 Honeylocust Drive).

How deep is the water for the swim?

All swimmers will swim in the standard 25 yard lanes at the pool. The water depth will range from 3' to 5'. US Coast Guard Approved life jackets are allowed. Blue Sharks will begin at the 4' side of the pool and swim 4 lengths; finishing near the door to the transition area. Yellow Sunnies will begin at the 4' end of the pool and swim 2 lengths, finishing near the door to the transition area. Red Minnows will begin in the 4' area, swim to the mid-line of the pool (3' depth) and turn around, finishing near the door to the transition area.

Can kids wear a swim vest?

Swim vests are allowed. However, inflatable arm floats and other flotation devices are not permitted. There will be lifeguards in the water and walking up and down the lanes to assist as needed. Practice prior to the event is encouraged so all kids have a positive and confidence-building experience.

Can I be in the transition area during the event to help my young athlete?

For the safety of the youth participants and to reduce congestion in the transition zone, we strongly encourage parents to cheer their child on from the outside of the transition zone. Volunteers will be present in the transition zone to assist your child as needed. Practicing the transition before the event will help your child become more confident in their ability on race day. That being said, one adult will be allowed in the transition zone if necessary.

What kind of bike can kids ride?

All bikes that are in safe, working condition are allowed. Training wheels are allowed if necessary. **A bike helmet is required.**

What is the bike route?

Kids will exit the Y parking lot and head East on Honeylocust Drive. They will turn right on Jefferson Road, right on Heritage Drive, right on Valley Drive. Bikers will pass Pepperridge Lane and continue on Valley Drive until they come to Pepperridge Lane again, turning right onto it. Bikers will then turn left onto Honeylocust Drive to complete the loop.

Will there be traffic on the bike route?

While roads will not be closed, bikers will use sidewalks on the course with limited intersections to cross. There will be police and volunteer support along the course in addition to color-specific signage so kids can follow their colored route. Your child will never be out of sight of a volunteer. Safety is our top priority!

Will the event be timed?

No, this event focuses on fitness, fun and the individual achievement of each young athlete.

Is there early-packet pickup available?

Yes! On Friday night before the event, packets will be available for pickup at the YMCA from 6:00 – 7:00 PM. This is a great time to pick up your packets and give your child an opportunity to see the course or ask questions. At 6:30 PM we will do a brief presentation explaining the flow of the next morning so kids and parents know what to expect. If your child has any anxiety about the event, this is a GREAT way to help them feel more comfortable!

When does the event start?

Check-In begins at 8:00 AM and a start time of at 9:00 AM. We anticipate wave start times on the quarter hour; however, start times are fluid. Once all athletes from an age group are on the bike route, we will proceed with the next wave. The event will start with Blue Sharks, then Yellow Sunnies, and then Red Minnows.

When does the event end?

We cannot predict a precise end time, but we anticipate the event to run approximately 1.5 hours. **Athletes will be allowed to remove their bikes from the transition zone once all athletes have completed the event.** In the spirit of community support, we encourage all athletes to stay and cheer on the younger athletes as they cross the finish line.

Where should we park?

You can park in the YMCA parking lot or street parking on Honeylocust Drive.

Where can we watch and cheer on our young athletes?

Ideal spots are at the YMCA where kids will start and finish both the biking and running routes. Families are also able to cheer anywhere along the bike route or along Oaklawn Drive for the running route.

What do we need to bring?

- Swimsuit (come with this on)
- Towel & Swim Goggles
- Running shoes and socks
- Bike and **Bike helmet- required to ride!**
- Biking and running clothes (kids will want to keep their swimsuit on- bring shorts and/or a t-shirt to put on over suits after the swim if desired)
- Water bottle
- Sunscreen
- Parents, bring a camera to capture the excitement of the day!
- Lots of friends, family, and neighbors to cheer everyone on!

What about inclement weather?

Unless you hear from us via email or a phone call, the event will go on! If there is lightning observed, there will be a 30 minute delay. If there is an hour delay, the event will be canceled.

Will children be safe on the course?

Safety is our highest priority. Lifeguards will be on duty in and out of the water throughout the swim event. Volunteers will be stationed along the entire bike course to ensure that kids will ALWAYS be in sight of a volunteer. And the same goes for the transition area and run. In addition, parents and spectators will be able to watch the kids along the entire course! Our goal is for kids to have a safe, fun & confidence-building experience!

Can I bring my pet?

Please note that if you choose to bring your pet, you must remain outside of the YMCA building. In addition, any pets along the bike or run route must be on a leash at all times. Thank you!